

581st Recruit Sustainment Company

Maryland Army National Guard

Volume 6, Issue 10

Drill Dates 13 – 15 July 2007

July 2007

Call the Unit to confirm your attendance

(410) 702-9621

<https://www.md.ngb.army.mil/581st/index.htm>

No Excuses!

Notes from the Commander

MAJ Masters

Company Commander

The summer heat is no excuse to get lazy and not exercise, you just have to be smart about it. Get out there early before the temperatures rise or (depending on where you live) go out later in the afternoon or early evening. If you are outside doing any sort of exercise, be sure to always have a bottle of water with you. It does not matter what time of day it is or whether or not it is cloudy, the heat and humidity can get you faster than you can realize. Believe me. About 5 years ago I ended up in the Emergency Room after doing a 20 mile training run in 95 degree heat and 88% humidity. It was horrible. It does not matter what distance you are going, it can hit you at any time.

Look for alternate exercises when the temperatures are really high. If you have access to a pool and any sort of floatation device, deep water running or simply running in water that is not so deep is a good conditioning and cardiovascular exercise that keeps you cool. If you have access to a gym, you can always

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Weigh to Stay!

Notes from the Top

Ultimate Warrior

Army Knowledge Online

The U. S. Army Center for Health Promotion and Preventive Medicine has designed "Weigh to Stay," a Weight Management Distance Learning program on AKO. They were aware that Guardsmen & Reservists didn't have access to regular military medical care facilities, so they are providing you the opportunity to easily access the services of a Registered Dietitian. This synchronous or REAL TIME Internet training program will meet the requirements for a face-to-face session with a Registered Dietitian as specified in AR 600-9 (Army Weight Control Program).

Weigh to Stay (WTS) is the Army's standardized weight control program. It's a private community of the Ultimate Warrior Website on AKO. Weigh to Stay is a four-hour program consisting of four classes, an hour each:

Class 1: Basic nutrition and physical activity.

Class 2: Weight loss strategies and behavior

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HIGHLIGHTS THIS DRILL

Red Phase	Introduction to the ARNG, Drill and Ceremonies, Fit to Train / Fit to Fight
White Phase	Intro to the Training Community, Total Fitness , Orientation to the APFT
Green Phase	APFT, Showdown inspections, Combat LifeSaver part 1
Warrior Phase	HMMWV Driver Training, weeks 1 and 2, showdown inspections, and Battle Handoff

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run on the treadmill. If you do you running on a treadmill, however, set the incline to 1% in order to simulate wind resistance. This will make the treadmill run more like a run outdoors.

Finally, always wear sunscreen while you are outside and wear lighter colors. Yes, that new National Guard t-shirt is cool looking and you want to advertise to the world, but if it is dark blue, black or any other dark color, it isn't smart to wear it in the heat. Go ask your recruiter for a white one.

Keep exercising, eating right and pushing towards that goal of success at Basic Training or AIT. I'll see you Friday night!

MAJ MASTERS

581st March

Soldiers progressing through the program

At the end of this month's drill, the 581st will graduate **13** more fully trained and qualified soldiers. These soldiers will join the hundreds of others who have been delivered to their units of assignment ready to train. **35** new soldiers will begin their military career this month by entering Red Phase. Additionally, **37** soldiers are returning from all phases of training and upon completion of two drill weekends with the 581st, they too, will join their units of assignment.

Our goal at the 581st is to provide the Non Prior Service (NPS) soldiers the knowledge, support from the staff, and the positive mental attitude needed to succeed at BCT and AIT. The 581st goal is to provide them with the tools needed to change their lives and become a soldier and ultimately the 'Warrior' that the MDARNG needs.

30 Day Shippers

[illegible]

These soldiers are scheduled to ship to Initial Active Duty Training (IADT) or Phase 2 (SP2/AIT) of training within the next 30 days. If you are experiencing any problems that could result in you not being able to ship on your assigned date, you must contact Mr. Robert Black as soon as possible at (410) 702-9654 or robert.a.black@ng.army.mil

modification.

Class 3: Physical activity.

Class 4: Behavioral Change Strategies.

Once you complete the entire four-hour course, you will receive a certificate that can be used toward retirement points! [To register, go to AKO; then go to the Self-Service toolbar tab at the top; use the drop-down tab & click on 'My Medical.' Then look for the Ultimate Warrior channel below the AMEDD Regimental crest. You'll be able to register at a site listed there.]

Additionally, The Natural Medicine Database has over 60,000 dietary supplements by brand name for you to query. This provides outstanding information on common supplements you see advertised in magazines and that are sold in stores for weight loss. This service normally costs \$80.00 per year, but is free to community members of the Weigh to Stay program.

Battle Hand-Off

The final step in the Recruit Sustainment Program is the Battle Hand-Off. During the Battle Hand-Off briefing, new warriors are given strategies on how to successfully transition from Trainees to viable members of combat units.

On Sunday, at our Graduation Ceremony, we proudly deliver fully qualified warriors into the hands of their sponsors or unit representatives. Sponsors then give the warriors a Unit Welcome Packet and inform them of their next drill.

This first meeting goes a long way towards integrating new warriors into their units.

As always, please let us know of your intent to attend the Sunday ceremony. If we are expecting you, we can let you know of any unforeseen changes to our schedule. You can contact MSG Rooney at 410-702-9625 or email the RSP at bill.rooney@us.army.mil

Soldier Transportation Schedule

Pickups

Western Route – Cumberland (1700hrs), Hagerstown (1815hrs), Frederick (1900hrs), CFMR (2000hrs)

Eastern Route – Salisbury (1700hrs), Easton (1810hrs), Annapolis (1917hrs), CFMR (2007hrs)

Southern Route – Prince Frederick (1700hrs), La Plata (1830hrs), Cheltenham (1900hrs), Ellicott City (2000hrs), CFMR (2030hrs)

Northern Route – Elkton (1700hrs), Bel Air (1800hrs), Parkville (1845hrs), Dundalk (1915hrs), Ruhl (2000hrs), CFMR (2030hrs)

Central Route – Green Belt (1700hrs), White Oak (1800hrs), Glen Burnie (1850hrs), 5th Regiment (1920hrs), Pikesville (1950hrs), CFMR (2020hrs)

Drop-Offs NOTE: Times are estimated.

Western Route – Frederick (1400hrs), Hagerstown (1445hrs), Cumberland (1600hrs)

Eastern Route – Annapolis (1415hrs), Easton (1515hrs), Salisbury (1615hrs)

Southern Route – Ellicott City (1330hrs), Cheltenham (1430hrs), La Plata (1600hrs), Prince Frederick (1730hrs),

Northern Route – Ruhl (1500hrs), Parkville (1530hrs), Dundalk (1600hrs), Bel Air (1645hrs), Elkton (1745hrs)

Central Route – Pikesville (1500hrs), 5th Regiment (1520hrs), Glen Burnie (1520hrs), White Oak (1600hrs), Green Belt (1700hrs)

Privately Owned vehicles: Students are not authorized use of their POV to and from training unless approved. All vehicle keys will be secured by cadre during your stay at Camp Fretterd.

Care and Feeding of your ACU

The care label on the ACU says to "launder in a mild detergent that does NOT contain optical brighteners." The brighteners apparently make a stronger cleaner, so they are in most, but not all, commercial detergents. While washing the ACU in the regular detergents might fade it a bit, it does not affect the overall durability of the fabric.

Here are some detergents
without optical brighteners:

Bold Powder
All Powder
Cheer Liquid and Powder
Surf Powder
Woolite

These Detergents DO contain optical brighteners:

Dreft	Dynamo	Purex
Era	Suavitel	Zout
Gain	Wisk	Calgon
Tide	Arm and Hammer	Spray & Wash
Ivory Snow	Surf Liquid	
Fab	All Liquid	
Ajax		

Command Policies

Leaders please review the current Command Policies in effect and inform your Soldiers. The following policies are posted on the unit bulletin board: Commander' Open Door Policy, Attendance Policies for Cadre and Non-prior service Soldiers, Treatment of Non-prior Service Soldiers Policy, and Uniform Wear and Appearance and Grooming Standards Policy.

581st Training Dates

Fiscal Year 2007/2008

13-15 Jul 2007

17-19 Aug 2007

14-16 Sep 2007

19-21 Oct 2007

16-18 Nov 2007

7-9 Dec 2007

25-27 Jan 2008

22-24 Feb 2008

7-9 Mar 2008

18-20 Apr 2008

16-18 May 2008

6-8 Jun 2008

581st Mission Statement

To provide MDARNG Non-Prior Service Soldiers with high quality, innovative training and personal mentorship to instill the knowledge, confidence, and motivation required to successfully complete BCT and AIT in order to increase both their value to their units and their chances of being retained.

Staff Duty

(410) 702-9698 or (410) 702-9622

Friday

13 July 2007

SSG Wright

Saturday

14 July 2007

SSG Copeland

Newsletter Input

Please provide your comments, questions or suggestions to:

SFC Parker Unit Public Relations Representative

Alonzo.parker@ng.army.mil

MSG Rooney Unit Operations Sergeant

Bill.rooney@us.army.mil

Uniform Policy

Remember to do your pre-checks when preparing for drill; review your packing list. Soldiers need to ensure they have their issued black gloves, black or green knit cap, and winter IPFU for physical fitness training. BDUs will be worn with sleeves down during drill weekends. Personnel that are assigned to combat units and providing support to the 581st RSC IDT shall comply with 581st RSC uniform wear and appearance policy.

The Patrol Cap is our standard headgear.

Weather Outlook: Thunderstorms possible. Highs in the 80s and lows in the upper 60s.

Attached NPS Soldier Rosters

To keep the units informed about their NPS Soldiers attached to the 581st, please reference the attached rosters. The following two rosters will give you a baseline of information about your NPS Soldiers. The **By Phase Roster** breaks out Soldiers by Phase they are attending and lists their MACOM and individual unit. The By Phase Roster includes a 'Status' column that lists the Soldier as either 'Enrolled' or 'At School' for personnel accountability. Soldiers 'At School' are currently attending either BCT or AIT. Soldiers 'Enrolled' are here in Maryland and are usually anticipated to attend monthly drills with the 581st. The **Graduation Roster** is a list by Unit of Assignment of those Soldiers we anticipate will graduate from the 581st at the upcoming drill weekend. This will enable you to have advance notice of when Soldiers from your unit are scheduled to graduate from the 581st. POC for these rosters is [CPT Sam-Kpakra](#) at (410) 702-9630.

You are Invited

There is an open invitation for MSC representatives to visit the 581st during drill weekends to observe your future Soldiers training to prepare for BCT, AIT and for their ultimate hand off to you. See how we train your Soldiers and their transformation from civilian to warrior. Your visit will serve as a reminder to these students that they have a unit to look forward to training with and that their unit cares about their welfare and the quality of training that they are receiving.

Contact SFC Turner at (410) 702-9631 to coordinate your visit. Prior coordination is required to insure that you get the most of your visit to the 581st.

581st On the Web

581st Recruit Sustainment Company has information available online. Drill dates, command information and copies of the latest unit newsletters are available at

<https://www.md.ngb.army.mil/581st/index.htm>

581st FAQs

Q: What if I can't make it to Drill?

A: Attendance at Drill is a duty not to be taken lightly. When you were informed of your drill dates, that information served as an order from the commander to attend Drill. The consequences for disobeying an order can be devastating to your career and to your wallet. There are many valid reasons for not being able to attend Drill. All the commander asks is that you contact the unit prior to Drill Weekend to discuss your situation with the staff. If you have a situation that cannot be overcome, she will excuse you.

If you don't call, we can't help you.

Q: How can I visit with my NPS soldier during a 581st drill?

A: You may visit the 581st with prior coordination. 581st Point of contact is SFC Turner at (410) 702-9631 or mildred.Turner@ng.army.mil

We request that you coordinate your visit prior to our drill so that we can make arrangements for you to visit with your soldier without disrupting training.

Q: I would like to contact my NPS soldier while they are training with the 581st. How can I find out their contact information?

A: The 581st maintains contact information on all of our attached NPS soldiers, which typically numbers about 400. To obtain information on your soldier, we request that you send a by name email request to SFC Turner at Mildred.Turner@ng.army.mil

Q When is graduation for soldiers from the 581st training program?

A: The 581st conducts a Warrior Phase graduation every Sunday of drill as part of our final formation starting at 1130 hours at the parade field of Omaha Beach Circle, CFMR. Unit of assignment reps are encouraged to attend. 581st point of contact is SFC Turner at mildred.Turner@ng.army.mil



**Let's go
find
some
training
to do**



White phase first encounter with the EST2000

**Warriors
discuss
the
elements
of a
fitness
center**



G-RAP

Every month the numbers of Soldiers enlisted through the GRAP program continue to increase. Each month the 581st promotes Soldiers under the Stripes for Buddies program. Many of these Soldiers earned this promotion while also earning \$2000 under GRAP, so not only are they getting the \$2000, but they will also earn more money at training due to their promotion.



Who will be our next \$25,000 G-RAPper??

Do you have a G-RAP success story?

Share your G-RAP stories with the cadre this weekend.

NATIONAL GUARD 
RECRUITING ASSISTANCE PROGRAM

www.guardrecruitingassistant.com

Take a step toward earning additional income while assisting the ARNG in meeting future manpower requirements. (\$2,000 per qualified person you put in that ships)



BRANCH OF SERVICE:

POSITION TITLE: Drug Demonstration

LOWEST/HIGHEST GRADE:

DURATION OF ASSIGNMENT: 1 Sep 07 thru 30 Sep 08 Position is funded annually based on availability of funds. Position may be terminated if Counterdrug funds are withdrawn or for substandard performance.

ORGANIZATION: Counterdrug Task Force, 5th Regiment Armory, 29th Division Street, Baltimore, MD 21201-2288

LOCATION: Maryland Public School Systems

POSITION DESCRIPTION: Selectee will be responsible for providing instruction on the National Guard Counter Drug "Stay on Track" Program, which is an innovation in substance abuse prevention education for middle school students in grades 6th - 8th. The Stay on Track Program combines prevention science principles and popular motor sports appeal in twelve, 45 minutes lessons in a classroom setting. Facilitators will receive training on the curriculum and become certified train-the-trainers. Selected individual will also assist the Drug Demand Reduction Administrator with various drug prevention and education presentations to school and community based organizations (CBO). Duties include, but are not limited to, the following: providing drug presentations; collecting and submitting pre and post test to students, disseminating DDR after action reviews to school and CBO's; setting up and preparing facilities for presentations, CBO training and/or meetings.

QUALIFICATION REQUIREMENTS:

- a. General: Applicant must either be a member or become a member of the Maryland National Guard.
- b. Experience: Applicant should have experience in adventure training, coordination of resources, research and analysis regarding youth programs. Possess strong communication and interpersonal skills, as well as, good organizational, computer and time management skills (able to work independent at times). Knowledgeable in MS Office.
- c. Other: Applicants must be able to complete the determined tour of military duty prior to ETS. Applicants must have reliable transportation and live within (50) miles of the duty station. Outside employment associations and off-duty conduct/activities must be consistent with federal directives on ethics and with state and federal conflict of interest policies. Position may require some weekend or evening hours.

COUNTERDRUG REQUIREMENTS:

- a. Applicant must receive a letter of recommendation from his/her unit commander.
- b. Applicant must have a current (not older than 5 years) Report of Physical Examination (DA 2808) on file in health records and meet standard medical qualifications in accordance with AR 40-501, chapter 2. Individuals who do not meet basic medical eligibility requirements must be granted a waiver from the State Surgeon.
- c. Applicant must have a current (not older than 1 year) Initial Medical Review/Annual Medical Certificate (DA 7349-R) on file in health records.
- d. Applicant cannot have any permanent or temporary profiles that will interfere with the ability to perform the required duties.
- e. Favorable interview by the Counterdrug Coordinator or his representative.
- f. Favorable ENTNAC (security check) within the past 15 years.
- g. Favorable criminal background check, and/or security screening by Law Enforcement Agencies (LEAs) for applicants serving in LEA offices or in positions where they are privy to sensitive information.
- h. Favorable drug testing upon entry and periodic testing while on active duty.
- i. Required attendance at IDT/IAD and annual training will on FTNGCD orders.
- j. Applicants must uphold the highest standards of conduct and personal appearance.
- k. Applicant must have a HIV test within 6 months of starting Counterdrug orders.
- l. Must have a current APFT and meet height/weight requirements.

APPLICATION PROCEDURES:

- a. Submit a resume, unit commander's recommendation, copy of current APFT, and a copy of current DA 7349-R (Initial Medical Review-Annual Medical Certificate) in person or via mail, to:

COL John Russo
Counterdrug Task Force Commander
5th Regiment Armory, M23
29th Division Street
Baltimore, Maryland 21201-2288

EQUAL OPPORTUNITY:

The Maryland National Guard is an Equal Opportunity Employer. Selection for these positions will be made without regard to race, religion, age, national origin, sex, political affiliation, marital status, or any other non-merit factors.

Point of contact is CPT Patricia L. Jones-Johnson at (410) 576-1498.